

# A BENEDICTIE or Blessing fore Meate / and a GRACE or Thank



**W** Children: when yee are  
come to the Table, for to eate/  
then blesse and praise alwaies  
the Lorde: and feede euensoe in thank-  
fulnes, on the Lorde-his Meate and  
Drinke/ all which Hee hath blessed and  
hallowed, to our moderate Repast.

BENEDICTIO.

a Dan. 3.

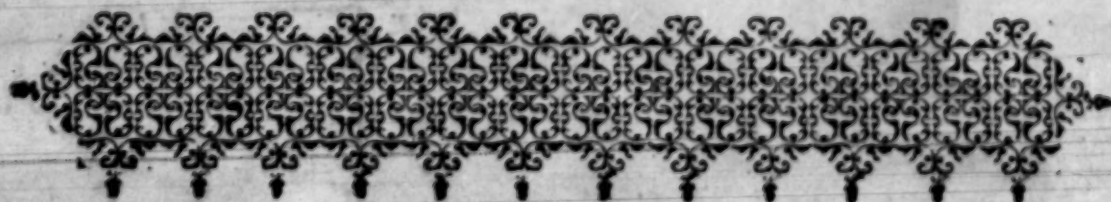
b 1. Tim. 4.

c Psal. 144.

d Dent. 8.  
Math. 4.  
Iohn. 6.

e 1. Tim. 4.  
Col. 3.

**B**lesse the Lorde, in all Landes:  
Blesse Him in all the Workes of his Hādes:  
For his Right-hande, that euer doth endure/  
Hath blessed it all / and sanctified it sure.  
2. Blessed be the Lorde, the Highest exalted rise /  
Which feedeth his People in their Life /  
With Meate and Drinke, in his louelie Accorde:  
And nūtereth vs, with his liuing Worde:  
Nameli, his Children of the Loue, right-due /  
In all good blessings: It is very true.  
3. O God heauenlie Father, with good Discipline /  
Nourter our Heartes in thy Feare diuine:  
Blesse vs also, with thy holy Wisdomes Guist /  
That wee may blesse thee, in thy Righteousnesses Drift:  
And not abuse thy Guistes (O God of comlie-same)  
Which wee take vnto vs, in thy holy Name/  
But receaue those-same // of thy bountifull Hand/  
In all Obedience of the Loue pleasand /  
With Thankfulnes, in Loue/ together as is meete /  
And so to enioye them, in Christ Jesu/ sobeete.



CHARITAS EXT

Translated out of Base-almaine into Engl



inge to be saide ouer the Table, be-  
thankesgeeuinge, to be saide after Meate.

**M**y Children: when yee haue eaten and dronken, and accordinge to your Necessarie-  
behoof; are resonable satisfied / then laude and thanke alwayes the Lorde, for all his  
Goodnes / which Hee is daylie shewing on you and on all his Children of Loue.

GRATIARVM-ACTIO.

**T**hanke and praise the Lord in euery day, agnes /  
For all the Giftes of his bountiful Goodnes:  
For in the Doctrine of his Loue, without nay /  
He feedeth mightelie our Soules euery Day /

With his Woorde of Life, very kinde and louelie :

a Deut. 8.  
John. 6.

Geeuing also to our naturall Manhood, behouelie /

His due Foode and Couering, without eny mis :

b John. 6.

Eate it all what on Earth, to vs needfull is :

2. Therefore thanke our God of Loue for thesame :

Exalt in euery-behalf, his high holie Name :

For his great Rightnes, renowned so hie /

Dureth from Tribe-to-tribe, perpetuallie.

c Luk. 1.

3. O Lorde God, heauenlie Father free /

O very true God, wee thanke and laude thee /

For all thy Goodnes, expressed alwayes.

For thy Blessing (wherthrough wee thee praise)

Is euermore ouer vs: For thou inlargest thee wide /

In thy Doctrine of Loue, where thou dost vs guide /

d John. 16.

With thy Right-hand, thy euerlasting cleere Light.

In thesame Doctrine also, reioycest thou aright /

Our Soules, with thy pure liuing Woord, in all :

And satisfiest also (be they great or small)

Our Bodies, with thy Meate and Drinke, doubtles :

For all which (O God) wee euer thanke thy Goodnes.

4. Laude/Honor/and Thankesgeeuing for euermore.

Be to that God, ouer the whole Worlde therefore /

Which for vs, out of his meere Goodnes, manifoldlie /

Hath prepared all this, to the Praise of his Glorie :

And vnto vs by name, that are the Loues Children /

Hee geeueth yet therto, his euerlasting Life. A M E N.